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**Golf Tournament to Benefit Fire Victims**

100% of Proceeds go to Victims Who Lost Homes, Saddle Creek Owner Castle & Cooke to Match All Donations  
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# Placer Sentinel

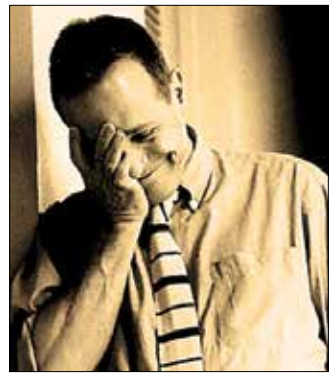


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Serving Auburn and Placer County since 1987

October 23, 2015

**DAVID SEDARIS RETURNS TO GRASS VALLEY**



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**49ER LIONS PLAN 30TH ANNUAL CHEFS EVENT**



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**COUCH THEATER DVD PREVIEWS**



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## Winning the Water Battle



From left to right: Ernesto Torres Aguilera, Sierra College student body president and student trustee; Willy Duncan, Sierra College president; Bill Halldin, Sierra College Board of Trustees president; and Einar Maisch, PCWA general manager. Photo courtesy of Placer County Water Agency

**ROCKLIN, CA (MPG)** - The Placer County Water Agency (PCWA) presented its coveted Flume Award to Sierra College for its conservation efforts and community engagement during California's historic drought. This is the first Flume Award presented by PCWA.

"We've had an extremely productive relationship with Sierra College," PCWA General Manager Einar Maisch said. "In addition to hosting water conservation

events, like the Agency's Mulch Madness event in May, they've made significant investments on campus to reduce water consumption. We're happy to present them with the award."

At its Rocklin campus, Sierra College has planted drought-resistant and native plants, increased its use of mulch, replaced the football field with artificial turf, and installed advanced and efficient irrigation systems, to name a few accomplishments.

Sierra College President Willie Duncan said, "The seriousness of the present drought

is not lost on anyone, especially those of us providing services to a large constituency. We are honored to receive this award, and look forward to building on our strong relationship with PCWA."

The Flume Award was created as part of PCWA's ongoing efforts to recognize businesses and organizations in their service area that have made an impact during the current drought. The award is made of wood from PCWA's flume system, a system that dates back to California's Gold Rush. To this day, water delivered via the flume system is measured by the "miner's inch."

Source: Placer County Water Agency ★

## Governor Approves Increase in Compensation for Wrongly Jailed

**PLACER COUNTY, CA (MPG)** - Compensation for citizens who have been wrongly accused and incarcerated of a crime will now be increased from \$100 to \$140 a day, a welcome piece of news for innocent people like Maurice Caldwell, who spent 21 years locked up for a crime he did not commit.



Senator Jim Nielsen

"There are many people who deserve to spend the rest of their lives behind bars because of their vicious crimes," said Senator Jim Nielsen (R-Gerber). "In cases where an innocent person has been wrongly accused and incarcerated, however, we as a society have the responsibility and moral obligation to acknowledge that our system is not perfect and they deserve compensation to get their lives back in order."

"When exonerees get out of prison, we need places to live, clothes, therapy and a chance to go to school to learn the skills we missed out on. No amount of money can make up for what we went through, but this bill provides meaningful compensation that will really help," Maurice Caldwell said.

Caldwell was convicted based on the testimony of a single eyewitness, who initially couldn't identify the shooters at the crime scene. Years following his incarceration, Caldwell appealed to the Northern California Innocence Project (NCIP) at Santa Clara University School of Law, for help. Lawyers, students, and investigators began probing his case and located two witnesses who actually saw the murder and said Mr. Caldwell was not involved in any way, and located the real killer who confessed that he committed the murder. All three say that Caldwell was not involved in any way.

Armed with new evidence and the confession of the real killer, NCIP brought Mr. Caldwell's case back to the courts.

A judge ruled that Caldwell's trial attorney was ineffective for failing to adequately investigate his case.

Authored by longtime public safety advocate Senator Jim Nielsen, Senate Bill 635 provides increased compensation for those wrongly accused and incarcerated. The current rate was set 15 years ago.

"The wrongfully incarcerated can never get back the time spent in prison that separated them from their loved ones and cut off other opportunities and life experiences," said Senator Mark Leno, who

Continued on page 3

## Thousands of Soccer Players Come to Placer Valley

*Placer United Soccer Club Hosts Annual Prestige Girls Cup*

**ROCKLIN, CA (MPG)** - Placer United Soccer Club will be hosting their annual Prestige Girls Cup on October 23rd through 25th, where more than 3,000 soccer players in age groups U11 to U18 from all over California, Nevada, and Oregon will be competing for a championship cup trophy that will be awarded to the winning team in each age division. Placer Valley Tourism is delighted to have partnered up again with Placer United to bring a tournament of this magnitude to Placer Valley.

With a 20-plus-year history, the Prestige Girls Cup has garnered a reputation of being the biggest and most competitive fall event in Northern California for girls competitive youth soccer. This year is on track to be the biggest and best yet, with 214 teams registered to play. Thirty-two fields throughout Roseville, Rocklin, Lincoln, Loomis, and Elverta will be utilized due to the record number of teams participating this year.

Jodi Tarr, Placer United club administrator, explained that this tournament gives players and

teams the opportunity to compete at the highest level because it attracts the best teams in the Western United States. "It brings so many families to Placer Valley, and I am especially thankful for our partnership with PVT [Placer Valley Tourism] because of their support in helping all the out-of-town families find nice and affordable hotels to stay at while their daughters are here competing," said Tarr.

The Placer United Prestige Girls Cup brings more than 6,000 people to Placer Valley, which not only helps the local economy, but generates 14,000 room nights for Roseville, Rocklin, and Lincoln hotels, virtually selling them out those nights.

Games on the Friday of play are scheduled to start at 6 p.m., and on both Saturday and Sunday, the first games of the day will be at 8 a.m. at various fields. All games are free to spectators and they are guaranteed to be action-packed and full of intense soccer competition!

Placer Valley Tourism is made up of the 23 hotels in Roseville,



On October 23rd through 25th, more than 3,000 soccer players in age groups U11 to U18 from all over California, Nevada, and Oregon will be competing for a championship cup trophy that will be awarded to the winning team in each age division. Photo by Lang Lew

Rocklin and Lincoln, California. Placer Valley Tourism recruits and supports hundreds of annual events with grants, marketing, volunteers, and other services as needed. To learn more about

how Placer Valley Tourism can help bring your event here, visit [www.playplacer.com](http://www.playplacer.com) or call (916) 773-5400.

Source: Placer Valley Tourism ★



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# Join the Assistance League for Make a Difference Day



On left is Jayne Campbell, an Assistance League member. To her right stands Jennifer Cross, the Boys and Girls Club of Placer County's director of programs.

**AUBURN, CA (MPG)** - On October 24th, millions of volunteers across the nation will unite with a common mission. For 25 years, USA WEEKEND Magazine, in collaboration with Points of Light and with the support of Newman's Own, has sponsored Make a Difference Day, the largest national day of community service. Make a Difference Day is a celebration of neighbors helping neighbors, with millions of Americans participating. It's a "Local Event with National Impact."

Assistance League's participation began as an idea of Assistance League member Linda Killmer, past national president and member of the Phoenix chapter. She commented that every year, when the USA WEEKEND Magazine reported on the activities of many charities on Make a Difference Day, it made her want to see Assistance League spotlighted in this group. The question became about what the Assistance League could do,

nationwide, to create numbers that would catch the attention of the national press.

A local community book drive for children became the answer. Killmer imagined what would happen if every chapter did the same thing on the same day. So the Assistance League submitted one national entry form, hoping to show the power of the organization.

The first year—2012—the organization collected an astounding 113,001 children's books and shared heartfelt stories about the children in schools, shelters, clubs, and Assistance League's programs as they received these books. The collective message was and is powerful. Assistance League was one of 10 honorees that year and received a gift of \$10,000. An "Impact Video" was created from the prize money.

The second year—2013—they collected 103,036 books and received the All-Star Award that was decided by public vote.

Assistance League won another \$10,000 prize that was used to purchase retractable logo banners for each chapter and the national office.

The third year—2014—110 chapters participated, collecting 94,127 books through the efforts of 7,957 members and friends in the community.

This will be the third year for Assistance League of Greater Placer to participate in the Make a Difference Day. Last year, in the month of October, 251 books were collected and delivered to the Boys and Girls Club of Placer County. Their need is even greater this year, so the goal for 2015 is 400 books. Donated books can be dropped off at the Assistance League Thrift Shop, 1263 Grass Valley Highway in Auburn.

Information provided by Karen Mollohan, Public Relations Chairman, Kansas City Chapter. ★

# Auburn 49er Lions Plan 30th Annual Celebrity Chefs Event

By Paula Mosqueda

**AUBURN, CA (MPG)** - For 30 years, Auburn-area residents have enjoyed the culinary talents of local cooks at the Celebrity Chefs Cooking for Community Service event. On March 3rd, 2016 at the Placer Building of the Auburn Gold Country Fairgrounds, area cooks will once again tempt visitors with the enticing aromas and savory flavors of their favorite edible creations.

Each year, the Auburn 49er Lions Club—host of this event—partners with another local nonprofit organization to raise funds that will serve to benefit our community. The 49er Lions are currently searching for such an organization.

If you are a member of a group that would like to be considered, please obtain an application and provide information about your organization. To obtain an application, please call Paula at (530) 863-7503 or Margareta at Golden Swann Jewelers, (530) 823-7739. The selection will be made by the Auburn 49er Lions



Pictured are Don Ales from Gold Country Fair Heritage Foundation and Reese Browning from Old Town Pizza.

Board of Directors on December 1st.

Past recipients include the Forgotten Soldier Program, Sutter Auburn Faith Hospice, Leadership Auburn, the Interfaith Food Closet, 4-H, and the American Cancer Society.

Auburn 49er Lindalee Talso is heading up this year's event. She expects the event to be a success, as always. Doctor Bach and his Jazz Practitioners will once again provide the live music.

Wonderful raffle prizes will be available for winning. This event is always full of good food, good fun, and laughter.

If you would like to show off your cooking talents, join in on the fun and become a "Celebrity Chef." If you have questions about this event, feel free to call Paula at (530) 863-7503.

If you would like to learn more about the activities of the Auburn 49er Lions Club, please call Paula at (530) 863-7503. ★

# Sons in Retirement Meeting

**AUBURN, CA (MPG)** - Retired? Stay informed. Join Sons in Retirement (SIRS) Branch 37 for a lunch social at 11 a.m. on Thursday, November 5th at the Auburn Elks Lodge, 195 Pine Street.

The speaker will be Erica McNamara, public safety dispatcher for the Placer County

Sheriff's Office. She has been a key person in the redesign process for the overall dispatch operation performance. She also goes with the SWAT team on critical incidents, as well as teaching citizens about the Placer Sheriff's Office roles and responsibilities.

The SIRS group has many

activities: poker, golf, computers, model airplane flying, bocce ball, and more. There are no dues. The group is looking forward to adding new members, so come check it out. For more information, contact Rich Johnson at (530) 885-9099 or ranger\_r@pacbell.net.

Source: Rich Johnson ★



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Placer Sentinel

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## Award-Winning Humorist David Sedaris Returns to Grass Valley

GRASS VALLEY, CA (MPG) - NPR humorist and best-selling author David Sedaris has chosen to return to Grass Valley to make people laugh—one of only two stops in Northern California—as part of his selling-out tour on November 17th. Join him at the Veterans Memorial Auditorium (255 South Auburn Street, Grass Valley, 95945) at 7:30 p.m. to hear a reading, followed by a Q&A and book signing.

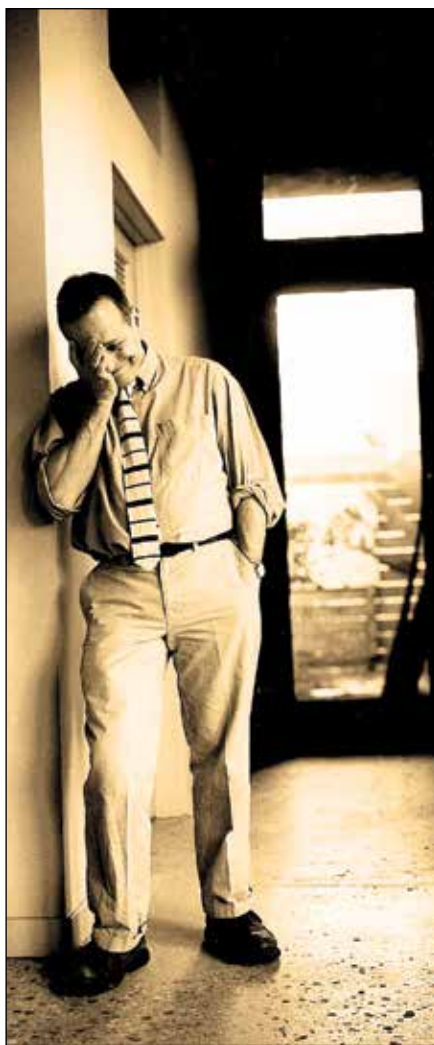
With sardonic wit and incisive social critiques, David Sedaris has become one of America's pre-eminent humor writers. The great skill with which he slices through cultural euphemisms and political correctness proves that Sedaris is a master of satire and one of the most observant writers addressing the human condition today.

David Sedaris' original radio pieces can often be heard on This American Life, distributed nationally by Public Radio International and produced by WBEZ. David Sedaris has been nominated for three Grammy Awards for Best Spoken Word and Best Comedy Album.

David Sedaris is the author of "Barrel Fever" and "Holidays on Ice," as well as collections of personal essays, "Naked," "Me Talk Pretty One Day," "Dress Your Family in Corduroy and Denim," and "When You Are Engulfed in Flames," each of which became a bestseller. There are a total of seven million copies of his books in print and they have been translated into 25 languages.

He is the editor of "Children Playing Before a Statue of Hercules: An Anthology of Outstanding Stories." Sedaris' pieces appear regularly in The New Yorker and have twice been included in "The Best American Essays." His newest book, a collection of fables entitled "Squirrel Seeks Chipmunk: A Modest Bestiary" (with illustrations by Ian Falconer), was published in September 2010 and immediately hit the NYT Bestseller Fiction List.

He and his sister, Amy Sedaris, have collaborated under the name The Talent Family and have written half a dozen plays produced at La Mama, Lincoln Center, and The Drama Department in New York City. These plays include "Stump the Host," "Stitches," "One



NPR humorist and best-selling author David Sedaris chooses to return to Grass Valley to make people laugh—one of only two stops in Northern California—as part of his selling-out tour on November 17th. Photo by Anne Fishbein

Woman Shoe," (which received an Obie Award), "Incident at Cobbler's Knob," and "The Book of Liz," which was published in book form by Dramatists Play Service.

His latest audio recording of new stories (recorded live) is "David Sedaris: Live for Your Listening Pleasure" (November 2009).

Tickets are \$45 for members, \$55 non-member general admission, and \$65 for premium reserved seats. To buy tickets, either call the Center Box Office at (530) 274-8384 ext. 14, call the BriarPatch Co-op Community Market at (530) 272-5333, or buy tickets online at [www.thecenterforthearts.org](http://www.thecenterforthearts.org). For more information about David Sedaris, visit [www.davidsedarisbooks.com](http://www.davidsedarisbooks.com). Source: Peter Wilson ★

## King Fire Effects Endanger Sierra Watershed

AUBURN, CA (MPG) - At its October 15th meeting, the Placer County Water Agency (PCWA) Board of Directors received a staff report on the ongoing operational and environmental impacts of the 2014 King Fire, which burned more than 97,000 acres. PCWA Senior Environmental Scientist Ben Ransom presented the board with a series of watershed photographs following a rain event earlier this month.

"Nearly two inches of rain eroded the burn area, forcing down trees and topsoil into the Rubicon River," Ransom said. "The debris slides moved with such force that they temporarily dammed the river and even spread upstream. The result is high levels of turbidity and sedimentation in the water."

In addition to the environmental degradation, the Board of Directors expressed concern over the financial impacts. PCWA and other local agencies spent \$8 million to repair and protect water and energy infrastructure immediately after the fire. Costs for 2016 could reach \$10 million and continue for years.

"It is important to remember that the costs aren't simply related to cleanup," PCWA Director of Resource Development Andy Fecko said. "There is also the

problem of reduced capacity in our hydropower operations. On top of \$3-5 million in direct costs, we anticipate another \$3-5 million in indirect costs due to lost power generation."

District 4 Director Robert Dugan added, "It's not right that our rate payers are left dealing with the impacts of fires they have no control over. I wholeheartedly support agency efforts to engage the federal government and seek reimbursement for the long-term costs associated with this fire, and I commend staff for their efforts."

The facilities at Ralston Afterbay (Ralston Dam/Reservoir, Oxbow, and Ralston powerhouses) are most at risk. Debris could fill the reservoir and negatively affect water release and hydropower generation. In an effort to mitigate potential hazards, log booms are in place across the reservoir to contain floating debris, and equipment is in place to remove logs or pass them safely through the gates of the dam.

In other news, PCWA Directors:

- Approved agency sponsorship of the annual Placer Conservator Award Dinner presented by Placer Land Trust. The event took place on Thursday, October



"Nearly two inches of rain eroded the burn area, forcing down trees and topsoil into the Rubicon River," Ransom said. "The debris slides moved with such force that they temporarily dammed the river and even spread upstream. The result is high levels of turbidity and sedimentation in the water." Photo courtesy of Placer County Water Agency

22nd at the Blue Goose Event Center in Loomis, and recognized an individual or group that enhances the quality of life in Placer County through resource conservation.

- Approved a contract to improve cyber security for the agency. The work will help secure the PCWA network from cyber threats by ensuring compliance with new cyber security requirements and standards.

The next regular meeting of the PCWA Board of

Directors will be held on Thursday, November 5th, 2 p.m., at the PCWA Business Center (144 Ferguson Road in Auburn). PCWA Board meetings are open to the public.

For more information on PCWA Board meetings, please contact the clerk to the board at (530) 823-4850 or (800) 464-0030. For drought updates and water conservation information, visit [www.pcwa.net](http://www.pcwa.net).

Source: Placer County Water Agency ★

## Governor Approves Increase in Compensation for Wrongly Jailed

Continued from page 1

jointly authored SB 635. "This bill provides increased compensation to help them rebuild some of what was lost."

Delighted at the Governor's signing, Lucy Salcido Carter, NCIP policy director, expressed her gratitude.

"The Northern California Innocence Project is delighted that Governor Brown signed SB 635 into law. The

bill acknowledges the harm exonerees have experienced through wrongful conviction and loss of freedom and brings exoneree compensation levels up to account for inflation. We thank Senator Nielsen for his attention to this vital issue and for authoring this important bill."

Mr. Caldwell applied for compensation to the California Victim Compensation and Government Claims Board in 2013. His claim is

still pending.

Senator Jim Nielsen represents the Fourth Senate District, which includes all or portions of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba Counties. To contact Senator Nielsen, please call him at (916) 651-4004 or via email at [senator.nielsen@senate.ca.gov](mailto:senator.nielsen@senate.ca.gov).

Source: The Office of Jim Nielsen ★

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## Fall Tea and Fashion Show Raises Money for Assistance League

ROCKLIN, CA (MPG) - Assistance League of Greater Placer members held their Fall Tea and Fashions on a Budget fundraiser this year at the Rocklin Event Center. Each year in October, this event attracts 400 ladies who, for a few hours, enjoy delicious food and wonderful company and watch a fabulous fashion show. Guests dress trendy, with some wearing fashionable hats displaying flowers, feathers, and lace. Everyone admires the 40 uniquely set tables before enjoying a traditional afternoon tea served by Assistance League members.

Fashion on a Budget showcases Assistance League members as interim stylish fashion models wearing gently used clothing from the thrift shop. Excitement ensues when MC Nancy Tognazzini begins the show after she gains everyone's attention with her insightful humor and gift of engaging an audience.

Assistance League fashion models show style and grace as they parade in their coveted outfits. The stylish clothes are for sale after the fashion



Assistance League members from left: Guest Lucy Roman, Martha Warner, and Linda Crane-Cummings.

show. This fundraiser helps fund Assistance League's philanthropic programs.

Assistance League members have accomplished many acts of caring and commitment in 2015. They provided 1,369 children with new clothing and shoes through Operation School Bell, provided 2,420 children with new backpacks and school supplies, awarded \$8,000 for

community college scholarships, supplied 2,000 teddy bears to hospitals and California Highway Patrol for traumatized children, and enjoyed 1,200 hours visiting senior care residents. Members donated a total of 36,479 service hours and touched the lives of more than 11,660 people in Placer County communities.

Source: Shirley Lessiak ★

## California Survey Sees Lower Rate of Illegal Tobacco Sales to Minors in 2015

Rates Still Remain High in Specialized Tobacco Retail Outlets

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith announced that a survey has found that the California rate of illegal tobacco sales to minors has decreased. According to the 2015 Youth Tobacco Purchase Survey, illegal tobacco sales to minors at retail outlets occurred at a rate of 7.6 percent, compared to last year's rate of 9 percent.

When the state first started monitoring illegal sales of tobacco in 1997, teens participating in the survey were able to buy tobacco products during 21.7 percent of tobacco purchase attempts.

"For seven consecutive years, the rate of illegal tobacco sales to minors has remained under 10 percent. However, the Healthy People 2020 target is to reduce this to 5 percent or less, which indicates that California still has room for considerable progress. I'm concerned that too many stores, especially certain types such as tobacco-only

stores and convenience stores, are willing to illegally sell tobacco products to youth," Smith said.

Notably, stores specializing in the sale of tobacco products, commonly known as tobacco-only stores, had the highest illegal sales rate, with 14.8 percent in 2015. Other stores with high rates of illegal tobacco sales include:

- Convenience stores without gas (9.5 percent)
- Convenience stores that sell gasoline (8.8 percent)
- Less common retail outlets, such as discount and gift stores, gas stations without convenience stores, and car washes (8.6 percent)

The difference between the rate of sales at non-traditional tobacco retail stores and the rate at more traditional retailers continues to narrow, and is only separated by 0.2 percentage points (7.7 percent vs. 7.5 percent, respectively). Supermarkets and drug stores/pharmacies had the lowest rate of illegal sales at 3.9 percent

and 0 percent, respectively.

This annual survey of illegal sales of cigarettes to minors is conducted to gauge the rate of illegal tobacco sales across California and to comply with the Stop Tobacco Access to Kids Enforcement (STAKE) Act. All U.S. states and territories are required to assess their rate of illegal sales of tobacco to youth, pursuant to the Federal Synar Amendment. Besides conducting the annual survey, the California Department of Public Health, Food and Drug Branch, conducts ongoing illegal sales compliance checks. The survey of 733 stores throughout the state is conducted by monitoring more than 100 youth who are sent to retail outlets to attempt to purchase tobacco products. California retailers caught selling tobacco products to minors during these enforcement operations may be subject to fines up to \$6,000 for repeated violations.

Source: California Department of Public Health ★



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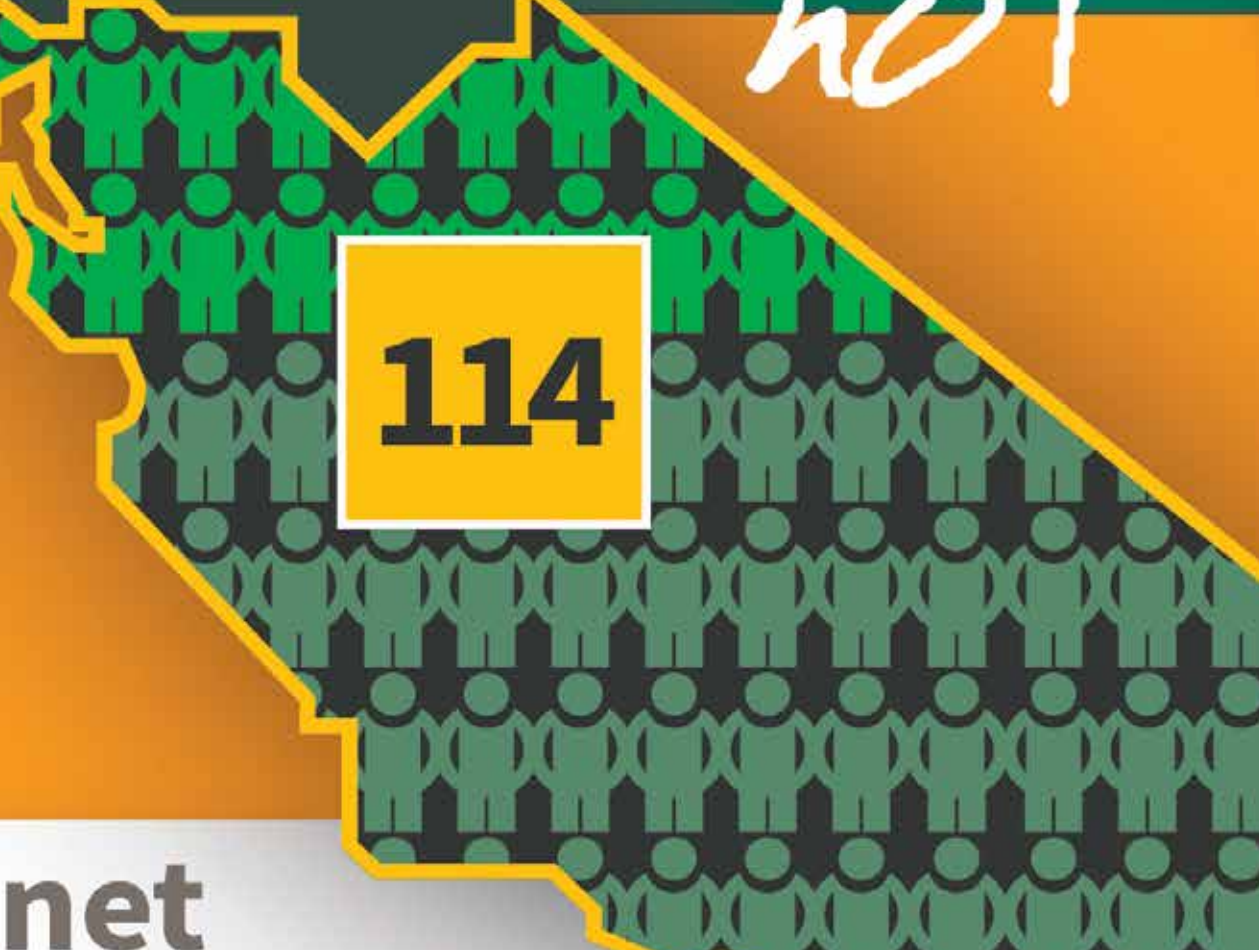
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**ARIES** (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

**TAURUS** (April 20 to May 20) That marriage 'twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

**GEMINI** (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

**CANCER** (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

**LEO** (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion's hearts and share the glory with those who helped you accomplish so much along the way.

**VIRGO** (August 23 to September 22) You might want to get

advice from someone who's been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

**LIBRA** (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

**SCORPIO** (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

**SAGITTARIUS** (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include him or her in your plans.

**CAPRICORN** (December 22 to January 19) If you're in one of those "the Goat knows best" periods, you might want to ease up and try listening to what others have to say. You could learn something.

**AQUARIUS** (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

**PISCES** (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

**BORN THIS WEEK:** You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

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**Strange BUT TRUE**

▶ You probably know Edgar Rice Burroughs as the American author of the Tarzan novels, among many other adventure and science-fiction works. You may find it hard to picture him as a journalist flying on bombing runs in the Pacific theater -- especially at the age of 66. Burroughs was the oldest war correspondent of World War II.

▶ It was noted 20th-century American poet Hart Crane who made the following sage observation: "One must be drenched in words, literally soaked in them, to have the right ones form themselves into the proper patterns at the right moment."



PICKS OF THE WEEK



Scene from "Roar" *indiewire.com*

**"Inside Out"** (PG) - Pixar goes on an inward-journey with this inventive animated adventure about the struggles of growing up and having emotions. Riley (voiced by Kaitlyn Dias) is an 11-year-old who has trouble adjusting after her family moves to a new state. Like all of us, Riley has a rich inner-world full of memories, and her emotions influence how she acts and how she sees the world. Usually, Riley is guided by Joy (Amy Poehler), in conjunction with the other personified feelings: Fear, Sadness, Anger and Disgust (Bill Hader, Phyllis Smith, Lewis Black and Mindy Kaling). When kids movies try to tackle complicated topics, the result is usually either dumbed-down to pointlessness, or the complexity suffocates the fun. Pixar has made a movie that is both priceless fun and original, without compromising on the message.

**"Vacation"** (R) - The legacy of National Lampoon's vacation flicks lives on this hard-R sequel. Ed Helms (of "The Office") leads as Rusty Griswald, the son from the old "Vacation" movies, now a grownup failure who is borderline reviled by his wife and kids -- just like his dad! Rusty has the brilliant idea to rekindle his marriage and impress his sons by taking them on the same horrendous road trip his dad dragged him on!

The raunchy humor in this outing is generally more cringe-inducing than laugh-out-loud. The last set of Griswalds weren't a really happy

bunch, but there's a weird bitterness to many of the jokes between these family members. The intense gross-out factor also is much higher than before, which could be a draw for some.

**"The End of the Tour"** (R) - In 1996, the literary world received a huge hit to the head from a heavy book. David Foster Wallace's novel "Infinite Jest" quickly established the author as The New Guy to Watch. This movie is an up-close study of an unreleased interview with the young author, just coming to grips with the success headed his way. In '96, Rolling Stone sent journalist and novelist David Lipsky (Jesse Eisenberg) on a five-day ride-along with Wallace (Jason Segel). This is a major turn for Segel -- until now best known for comedy -- successfully taking on such a challenging role in an unconventional movie.

**"Roar"** (R) - The bloodiest, most recklessly life-threatening film production in Hollywood history resulted in this light-hearted comedy about a family "acting" afraid while they share a home with at least 100 untrained tigers, lions and panthers. Writer/director Noel Marshall felt so strongly about this movie that he cast his own family, literally feeding them to lions -- including his wife Tippi Hedren (from Hitchcock's "The Birds") and her daughter, Melanie Griffith (who would later need facial surgery after a lion attack). At least 70 people were seriously injured during production, which was a never-ending nightmare thanks to money problems and entire crews wisely walking away from the project. But Marshall finished his movie. Never released in the U.S., the 1981 film is now available on Blu-ray, and it's a must-have for collectors of Hollywood's worst ideas!

**TV RELEASES**  
*"Anne of Green Gables: 30th Anniversary"*  
*"Game of Thrones: Season 1 (Steelbook) [Blu-ray] & Digital HD"*  
*"Doctor Who: Series 9 Part 1"*  
*"Black Sails Season 2"*  
*"Mobile Suit Gundam (First Gundam) Part 1 Blu-ray Collection"*

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by HEALTHY EXCHANGES  
**Apple Noodle Pudding**

Fall is that wonderful time of the year when the traditional Oktoberfest centered on food, music and fun takes place in Germany. If you put on a polka record and share this dish with friends, you'll see why these festivals are so much fun. This dish is just plain GUTEN!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1/2 cup unsweetened apple juice
- 1 teaspoon apple pie spice
- 2 cups hot cooked noodles, rinsed and drained
- 1/4 cup chopped walnuts
- 1 1/2 cups peeled and diced cooking apples
- 1/4 cup raisins

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large saucepan, combine dry pudding mix, dry milk powder, water and apple juice. Cook over medium heat until mixture thickens and starts to boil, stirring constantly using a wire whisk. Stir in apple pie spice and noodles. Add walnuts, apples and raisins. Mix well to combine, using a sturdy spoon.
3. Spread mixture into prepared baking dish. Bake for 45 to 50 minutes. Place baking dish on a wire rack and let set for 5 minutes. Good warm or cold. Serves 6.

\* Each serving equals: 188 calories, 4g fat, 6g protein, 32g carb., 123mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1/2 Fat.

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**The Garden Bug**

**Roasting pumpkin seeds**

Preheat oven to 300 degrees F. Toss 1 1/2 cups raw pumpkin seeds, 2 teaspoons melted butter and a pinch of salt in a bowl, mixing well. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown.

Source: *Minutepics.com* — Brenda Weaver

**top ten**

**Kids' Halloween COSTUMES**

1. Princess
2. Batman characters
3. Action/super hero
4. Animal
5. "Frozen" character
6. "Star Wars" character
7. Zombie
8. Witch
9. Pumpkin
10. Minion

Source: National Retail Federation, 2015

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**Hometown Hero**

**Air Force Airman 1st Class Brycen C. Guerrero** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Guerrero is the son of Christina Guerrero of Granite Bay, Calif., grandson of Cathy Guerrero of Roseville, Calif., and husband of Emily Guerrero.

He is a 2010 graduate of Whitney High School, Rocklin, Calif. He earned an associate degree in 2013 from Sierra College, Rocklin, Calif.

**Air Force Airman 1st Class Conner McKenzie** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

McKenzie is the son of Jessica and Robert McKenzie of Cool, Calif., and grandson of Kay McKenzie of Laguna Niguel, Calif.

He graduated in 2010 from Placer High School, Auburn, Calif.

Source: Joint Hometown News Release

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ACROSS  
 1. Black \_\_\_ snake  
 6. NY Giants HOF outfielder Mel  
 9. For capturing attention  
 13. Relating to axis  
 14. National Institute of Health  
 15. Aussie bear  
 16. Rekindled  
 17. Compass reading  
 18. Sign of bad news  
 19. \*Hans Anderson's Emperor lacked these  
 21. \*Reflecting truth-teller  
 23. 1/60th of min  
 24. What aides do  
 25. \*Beauty and \_\_\_ Beast\*  
 28. "The Sun \_\_\_ Rises"  
 30. Chinese tea  
 35. Lemongrass, e.g.  
 37. Wrong  
 39. Golfer's accessory  
 40. Arm part  
 41. Shipping weights  
 43. Beige  
 44. Sprays  
 46. River in Egypt  
 47. Innocent  
 48. Lowest part  
 50. Use a cat o' nine tails  
 52. Brit. fliers  
 53. Not straight  
 55. Dot-com's address  
 57. \*1001 what?  
 60. \*Genie's master  
 64. Pope's court  
 65. Philosophical system  
 67. Famous bandmaster  
 68. Make fit  
 69. Wow!  
 70. What a bridge does  
 71. Affleck and Stiller  
 72. Indian bread  
 73. WWII conference site

DOWN  
 1. Painter \_\_\_ Chagall  
 2. Michelle Kwan's jump  
 3. Venus de \_\_\_  
 4. Entices  
 5. Tennis great Gibson  
 6. Singles  
 7. \*Steadfast Soldier's substance  
 8. Unifying idea  
 9. For, in French  
 10. Kind of palm  
 11. Hurtful remark  
 12. Toni Morrison's "\_\_\_ Baby"  
 15. Kasparov's famous opponent  
 20. "Bravo! Bravo!", e.g.  
 22. International Labor Organization  
 24. Tell a scary story?  
 25. \*Tom's size equivalent  
 26. Sunny prefix  
 27. Famous German artist Max  
 29. \*Ugly Duckling, at end  
 31. Bank holding

32. Grouchy Muppet  
 33. Waterwheel  
 34. \*Three Goats \_\_\_  
 36. Quilt stuffing  
 38. Raise the roof  
 42. 1988 Olympics site  
 45. "\_\_\_" by Pink  
 49. Yoga class accessory  
 51. The infamous \_\_\_ knoll  
 54. "Peace" with fingers  
 56. Parkinson's disease drug  
 57. Artist's model?  
 58. Formerly Persia  
 59. Deprive of by deceit  
 60. So be it  
 61. Like Jekyll and Hyde's personality  
 62. Antonym of "is"  
 63. Rover launcher  
 64. Uber alternative  
 66. \*Little Mermaid's domain

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		9	4		8		2
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	2						6

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**For Solutions See Page 7**

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Sudoku Puzzle on Page 6 4 7 1 2 6 5 3 8 9 5 3 9 4 1 8 7 2 6 6 8 2 9 7 3 5 4 1 2 5 8 7 9 4 6 1 3 7 4 6 1 3 2 9 5 8 1 9 3 5 8 6 2 7 4 3 6 7 8 5 1 4 9 2 9 1 4 6 2 7 8 3 5 8 2 5 3 4 9 1 6 7

Crossword Puzzle on Page 6 M A M B A O T T P S S T A X I A L N I H K O A L A R E L I T E N E A U G U R C L O T H E S M I R R O R S E C H E L P T H E A L S O O O L O N G H E R B A W R Y V I S O R U L N A T A R E S E C R U M I S T S N I L E N A I F B O T T O M F L O G R A F W A V Y U R L N I G H T S A L A D D I N C U R I A I S M S O U S A A D A P T G E E S P A N S B E N S N A N Y A L T A

# Golf Tournament to Benefit Fire Victims

100% of Proceeds go to Victims Who Lost Homes, Saddle Creek Owner Castle & Cooke to Match All



One hundred percent of all tournament proceeds will benefit victims who lost their homes. To further the impact, Saddle Creek owner Castle & Cooke will match all donations. Golfers who wish to participate in the tournament should call (209) 785-3700 to register.

**SACRAMENTO REGION, CA (MPG)** - Saddle Creek Resort, the Castle & Cooke golf community in the Sierra Nevada foothills of Calaveras County, will host a golf tournament fundraiser Sunday, October 25th to help victims of the Butte Fire.

Four-person teams are invited to compete in a scramble format that will begin at noon (shotgun start). The entry fee of \$50 per person covers golf/cart fees and dinner. A raffle and a silent auction will also be held.

One hundred percent of all tournament proceeds will benefit victims who lost their homes. To further the impact, Saddle Creek owner Castle & Cooke will match all donations. Golfers who wish to participate in the tournament should call (209) 785-3700 to register.

The Butte Fire destroyed 475 homes in Calaveras and Amador counties and burned more than 71,000 acres.

"We're a tight-knit community and acutely aware that many of our friends and neighbors are suffering," said Rick Morgan, general manager of Saddle Creek Resort. "Losing

a home and everything you own is a devastating life event and this tournament is just one example of how we're pooling our resources to help those affected by the tragedy."

The Calaveras County Association of Realtors (CCAR) has also been instrumental to the response effort, organizing a streamlined system to help displaced evacuees find rental properties. It is offering free credit reports, gift cards, and home furnishings while scouring rental listings to match people with homes. CCAR is absorbing all associated administrative fees and also donating 100% of all proceeds raised for the cause.

For more information about the tournament call (209) 785-3700 or visit [www.SaddleCreekGolf.com](http://www.SaddleCreekGolf.com).

**About Saddle Creek Resort**  
Situating in the rolling foothills of the Central Sierra region just two hours from the Bay Area and 1.5 hours from Sacramento, Saddle Creek Resort sits in the heart of the Copper Valley in Copperopolis.

*Owned and operated by nationally-renowned developer Castle & Cooke, the premier Northern California golf community is home to a golf course routed through undulating terrain featuring stunning views of the Sierra Nevada and Yosemite mountains. Since opening in 1996, the par 72, 6,826-yard layout has been heralded by players of all skill levels. It is annually ranked by Golfweek as a top-15 "Best Course You Can Play" in California alongside acclaimed layouts like Pebble Beach, Spyglass Hill, Pasatiempo, and Torrey Pines' South Course.*

*In proximity to Saddle Creek Resort is Copperopolis Town Square, a traditionally-designed, Gold Rush era-themed "country-town" that is the retail and event hub of the Copper Valley in the Central Sierra region. Featuring charming boutiques, eateries, and specialty shops, the pedestrian-friendly Town Square is the perfect place to spend some time after a round of golf.*

Source: Stephen Reynolds, Buffalo Brand Invigoration Group ★

# General Mills Issues Recall of Cheerios and Honey Nut Cheerios

**SACRAMENTO REGION, CA (MPG)** - General Mills is voluntarily recalling several days of production of Cheerios and Honey Nut Cheerios cereal produced at its Lodi, California facility on certain dates in July of this year because of an undeclared allergen—wheat—with potential adverse health effects.

Cheerios and Honey Nut Cheerios produced on these dates at the company's Lodi, California facility are being recalled because an isolated incident resulted in wheat flour being inadvertently introduced into the gluten free oat flour system at its Lodi facility. As a result, the products may contain an undeclared allergen—wheat—in products labeled as gluten-free.

General Mills will recall and retrieve affected cereals produced on those dates from customer warehouses and store shelves. Consumers with wheat allergies, celiac disease or

gluten intolerance should not consume products bearing the affected code dates and should contact General Mills for a replacement or full refund.

This voluntary recall includes four days production of original (yellow box) Cheerios, and thirteen days of production of Honey Nut Cheerios at its Lodi, California facility with the following "BETTER IF USED BY" code dates and the plant code LD which indicates the product was produced at Lodi, California:

Honey Nut Cheerios: 12JUL2016LD, 13JUL2016LD, 14JUL2016LD, 15JUL2016LD, 16JUL2016LD, 17JUL2016LD, 18JUL2016LD, 20JUL2016LD, 21JUL2016LD, 22JUL2016LD, 23JUL2016LD, 24JUL2016LD, 25JUL2016LD.

Yellow Box Cheerios: 14JUL2016LD, 15JUL2016LD, 16JUL2016LD, 17JUL2016LD.

Products containing wheat can cause illness or severe

reactions for individuals with wheat allergies or celiac disease. Products containing wheat can also cause illness or discomfort for individuals with gluten intolerance.

General Mills is transitioning five varieties of Cheerios to gluten free. Cheerios and Honey Nut Cheerios cereals produced at General Mills' other facilities, or on dates other than those noted at the Lodi, California facility, are not impacted. General Mills' other gluten-free Cheerios varieties—including Apple Cinnamon Cheerios, Frosted Cheerios, and MultiGrain Cheerios—are not impacted and are not being recalled. No other General Mills cereals are affected.

Consumers requesting refunds or calling with further questions should contact General Mills Consumer Services at (800) 775-8370.

Source: U.S. Food & Drug Administration ★

# Physicians Warn of Halloween Eye Risk

Over-the-Counter Contact Lenses Could Contain Dangerous Chemicals

**SACRAMENTO REGION, CA (MPG)** - Every Halloween, costume contact lenses fly off the shelves as people look to accentuate their outfits with those appealing visual accessories. These non-prescription lenses, however, can cause potentially blinding infections.

To help prevent eye damage and vision loss, the California Academy of Eye Physicians and Surgeons (CAEPS) and the American Academy of Ophthalmology (AAO) are warning costume shoppers about over-the-counter decorative lenses after a recent study found that several varieties tested positive for chlorine and other harmful chemicals.

"While Halloween costumes complete with over-the-counter contact lenses can be fun, many people do not consider the possible damage these seemingly harmless accessories could be doing to their eyes," said Leah Levi, MD, CAEPS president. "We take Californians' vision very seriously, so we believe the safest way to avoid any potential loss of vision or eye damage is to avoid costume contacts altogether."

Research published in September found the potentially harmful substances in three types of cosmetic contact lenses produced in Ireland, Taiwan, and South Korea. Iron was found in four pairs of lenses. One pair seeped chlorine after a routine rinse, prompting concern from researchers about toxicity to the eye. The chemicals likely come from colorants used to

tint and create playful patterns on the lenses. The study also noted that colorants printed or pressed onto some decorative lenses create an uneven texture. Those rough surfaces could scratch the eyes, potentially allowing in bacteria that can cause infection and even blindness.

Four of the five lenses in the study are not available legally in the United States because they are not approved by the US Food and Drug Administration. Despite that sales restriction, many decorative lenses of unknown origin can be bought online. Around Halloween, they often crop up for sale at beauty parlors, flea markets, or even gas stations. The problem is that contact lenses not approved by the FDA may be made with materials that can harm the eyes by causing corneal ulcers or other corneal irritations or infections (keratitis). These conditions can result in scarring that impairs vision or causes blindness. For this reason, both Academies advise against wearing decorative lenses without a prescription.

"You can't be sure what you're getting when you buy over-the-counter contact lenses, which can be very dangerous to your eyes," said ophthalmologist Thomas Steinemann, MD, spokesperson for the AAO. "If you want decorative contact lenses, get a prescription or steer clear of them. It's not worth the risk to your vision."

## Costume Contact Lens Safety Guidelines

To safely wear decorative contact lenses this Halloween or any time of year, the California Academy of Eye Physicians and Surgeons and the American Academy of Ophthalmology recommend following these guidelines:

- Only buy decorative contact lenses from retailers who require a prescription and sell FDA-approved products.
- If you don't already have a contact lens prescription, obtain a valid prescription and eye exam from an ophthalmologist—a medical doctor who treats eye conditions and diseases—or an optometrist.
- Even those who don't require lenses to correct their vision need to get examined and fitted for the right size plano (zero power) cosmetic contacts by an eye health professional. Ill-fitting lenses can scratch the surface of the eye, creating an opening for infection.
- Redness, swelling, excessive discharge, pain, or discomfort can signal eye infection. If you have these symptoms, immediately see your prescriber. Eye infections can cause blindness if left untreated.

For more information on costume contact lenses, visit the American Academy of Ophthalmology's public information website, [www.geteyesmart.org](http://www.geteyesmart.org).

Source: Stephanie Rosa ★

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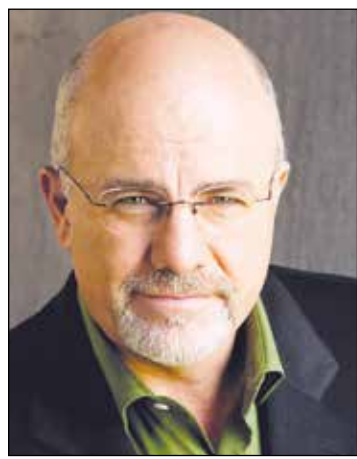
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# Dave Says

yourself as an example. Point out areas in your life where you made mistakes in the past and how you fixed the problems. But to go out and directly intervene in his life, trying to force him to be a man, would be a tough thing to pull off.

When I help people on my show, I have the benefit of them calling in and actually looking to me for help. These people actually care about what I think. I don't just walk up to folks and say, "You know, what you're doing there is really stupid. Let me fix you." I think that's kind of the situation you're in right now. I would also begin to pray for him, and ask God to bring people into his life who will have a positive impact.

You never know what might happen, and asking Him for help is never a bad idea. Who knows? He might even start dating some strong, mature young woman who'll jerk a knot in his tail and straighten him up!

—Dave

## Late Fees

Dear Dave, Our family has an account at a movie rental store. I rented a movie the other day, and forgot to take it back on time. The late fees add up to \$20. I'm in college and have a part-time job, so my parents think I should

pay the late fees. They started the account, so shouldn't they have to pay the fees?  
—Angie

Dear Angie, Technically, I'm sure your parents are responsible for the account. But think about this. You're the one who rented the movie and forgot to take it back on time. If you have a job and access to money, I think you should be the one to make things right.

Chalk this one up as a learning experience, Angie. If you're grown up enough to be in college and have a job, then you're grown up enough to start cleaning up your own messes. That's the way life works. It doesn't mean that your parents don't love you. In fact, it means that they love you enough to teach you a valuable lesson in responsibility!

—Dave

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.* ★

## Forcing little brother to grow up

Dear Dave, I'm having issues with my youngest brother, and I need some advice. He's 25, divorced and has two kids. He only wants to play dad when it's convenient for him, and he's very irresponsible with money as well. Our parents passed away a few years ago, so this leaves me to be the big brother and dad at the same time. I worry about him, but I'm not sure how to help him grow up. Any advice?

—Jeremy

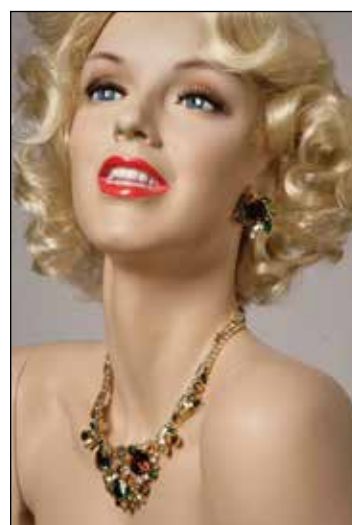
Dear Jeremy, One of the bad things about these situations is watching people you love do stupid things to themselves and the people around them. And I don't know that there's really a lot you can do without becoming the enemy to some degree. You can always try to hold him to a higher standard and refuse to tolerate immature, irresponsible behavior when you're around him. You might even look for opportunities to use



# POPPOFF!

with Mary Jane Popp

many personal items from both Marilyn and Joe, including the original memorial program from Marilyn's funeral; I can't begin to list them all. There were wonderful candid family photos from a private birthday party in San



## Hollywood History Can Be Yours

It doesn't seem possible, but it's been nearly a year and a half since the passing of my dear friend June DiMaggio just before she turned 91. June was the niece of Joe DiMaggio, and very close friends with Marilyn Monroe until Monroe's death in 1962. She and I collaborated on my book "Marilyn, Joe and Me." June DiMaggio told it like it was.

As I thought back to the 35-plus years I knew June, I recalled the incredible stories she told me about Marilyn, Joe, and some of the many other special people she knew from her days in Hollywood. From Barbara Stanwyck and Jeanette MacDonald to Hoagy Carmichael, Ann Sothorn, and so many more. At the anniversary of her passing in June of this year, I decided to take out all of the memorabilia June gave me over the years for birthdays and Christmas since our first meeting in 1980. I really had forgotten about so many of the precious items she gave me. I loved reading all of the handwritten notes signed by her, which included stories about how she came to own such precious memorabilia like the Kimono—from Japan—that Marilyn wore before she gave it to June. There were so



Francisco that have never been seen before. There were personal notes from stars like Barbara Stanwyck, Ann Sothorn, Jeanette MacDonald, and musical genius Hoagy Carmichael, who gave us songs like "Stardust." Many of these items can be seen in my book "Marilyn, Joe and Me." As I held the items and remembered when she brought them to me, I read notes about how she got each item and why she wanted me to have them. I thought to myself, *who will cherish these beautiful memories when I am gone?* So I came to a very difficult decision. I decided to trust them into the hands of Brian Witherell.

Witherell is an "Antiques Roadshow" appraiser and chief operating officer of Witherell's in Sacramento. When I called

Brian and told him that I wanted to pass these treasures on to fans of these icons, he said "Marilyn and Joe were iconic figures. Their marriage was the love story of the century. They were, and still are, American Royalty." He was so right, and so I want these beautiful memories to go to those who will keep them and pass them on for decades to come.

All of these items will be offered to fans November 4th to 18th by Witherell's Auction. You can bid on the items during this time. Go to [www.Witherells.com](http://www.Witherells.com) and click on the Dimaggio Auction Link, right below the image of Marilyn Monroe. On November 18th at 9 a.m. Pacific Time, the auction will close. A preview of the auction will be held Saturday November 14th from 1 to 5 p.m. at Witherell's gallery, 300 20th Street, Sacramento.

If you have more questions, please call (916) 446-6490. Own a piece of Hollywood. From the big screen of yesteryear, I hope to share this iconic history of celebrities who will remain in our hearts forever! ★

## Donations Collected Go Toward Relief Efforts for Fire Victims

**SACRAMENTO REGION, CA (MPG)** - Funds raised by Raley's Family of Fine Stores, the Sacramento Kings, and KTXL Fox 40 will support communities ravaged by the Valley Fire and Butte Fire, considered among the most destructive in California history. "Our community is strong, and we back one another up in times of need," said Leigh White, KTXL Fox 40's VP general manager. "FOX 40 viewers stepped up financially for our neighbors. We as a station are proud to use our airwaves as a vehicle for the message of hope and care, and we will continue to tell the stories of those affected while they rebuild what was lost."

Collections will be dispersed equally between the American Red Cross and food bank partners through Raley's nonprofit, Food for Families. "With the fires contained, the rebuilding of

our communities begins," said Chelsea Minor, director of public relations and public affairs. "Raley's will continue to work with businesses and residents to continue to support our communities as they recover from the devastating fires."

Donations from customers, fans, and viewers will help supply much-needed essentials to thousands of individuals affected by the regional wildfires. The Red Cross is providing shelter, meals, water, relief supplies, health services, emotional comfort, and assisting people in planning their next steps.

"We are humbled by the support received by the community to help the people affected by the California Wildfires," said Lilly Wyatt, director of regional communications with the American Red Cross Gold Country Region. "Donations

to Red Cross Disaster Relief allowed us to respond immediately to these wildfires and are still being used to provide help right now to people in need in California."

Donations will continue to be accepted online at [www.Foodforfamilies.org/donate](http://www.Foodforfamilies.org/donate). "Many of the families impacted by these devastating fires haven't returned to their homes, jobs, or a daily routine," said Scott Moak, executive director of the Sacramento Kings Foundation. "Our fans and community took a great first step to help those impacted begin rebuilding their lives, but there is more work to be done. We'll continue to look for opportunities to help, in the communities affected, on the ground, and directly with those in need."

Source: Micaela Dominguez ★

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1 - 4pm:	The Savage Nation
4 - 6pm:	The KAH1 Afternoon News with Casey Freelove and the KAH1 News Team
6 - 7pm:	Poppoff with Mary Jane Popp
7 - 10pm:	Sports Byline USA with Ron Barr
10pm - 11pm:	The Alex Jones Show
Saturdays	
6 - 7am:	A Time for Seniors
7 - 8am:	The Swap Shop
8 - 9am:	The KAH1 Corral
9 - 10am:	The Garden Goddesses
10 - 10:30am:	The Good Life for Seniors Reverse Mortgage Show
10:30 - 11am:	The Solar Minute
11am-7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
7:30 - 9am:	Cruisin' Garage & Swap Meet
9 - 9:30am:	The Crossroads Radio Show
9:30 - 10am:	The Newcastle Show
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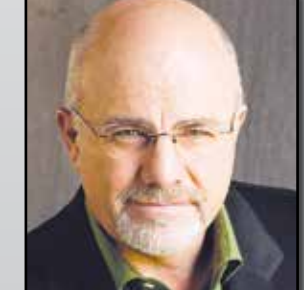

<p><b>Mother Lode Model T-Club</b> Meet: Second Thursday of each month at Sizzler, 13570 Lincoln Way, Auburn, CA 6:00 p.m. 7:00 p.m. Club Meeting Info: <a href="http://www.motherlodemodelt.com">www.motherlodemodelt.com</a></p>	<p>Info: <a href="http://facebook.com/ROADENTS">facebook.com/ROADENTS</a></p>
<p><b>Roamin Angels</b> Meet: Gearhead Breakfast: Weekly, Friday Mornings at IHOP on Taylorville Road, Grass Valley 7:00 a.m. Gearhead Evening: 1st &amp; 3rd Wednesday at Roundtable Pizza, Sutton Way, Grass Valley 6:00 p.m. General Meeting: 4th Monday of each month, Salvation Army, Grass Valley 6:00 p.m. Info: <a href="http://roaminangelsinc.com">roaminangelsinc.com</a></p>	<p><b>Auburn Region-Vintage Chevrolet Club of America</b> Meet: Board Meetings first Monday of the month at Sizzler on Lincoln Way in Auburn 7:00 p.m. Info: <a href="http://arvcca.com">arvcca.com</a> (Contact for more information)</p>
<p><b>The Roadents</b> Meet: Cars -n- Coffee Every Saturday at Daily Donuts, 117 W McKnight Way, #B, Grass Valley 8:00 a.m. - 10:00 a.m.</p>	<p><b>Northern California Region Classic Car Club of America</b> Meet: Cars &amp; Coffee first Sunday of the month, Blackhawk Automotive Museum, Danville 7:00 p.m. Info: <a href="http://norcalccca.org">norcalccca.org</a></p>
	<p><b>Capital City Cruisers</b> Events In and Around Northern California Info: <a href="http://caopitolcitycruisers.org">caopitolcitycruisers.org</a></p>

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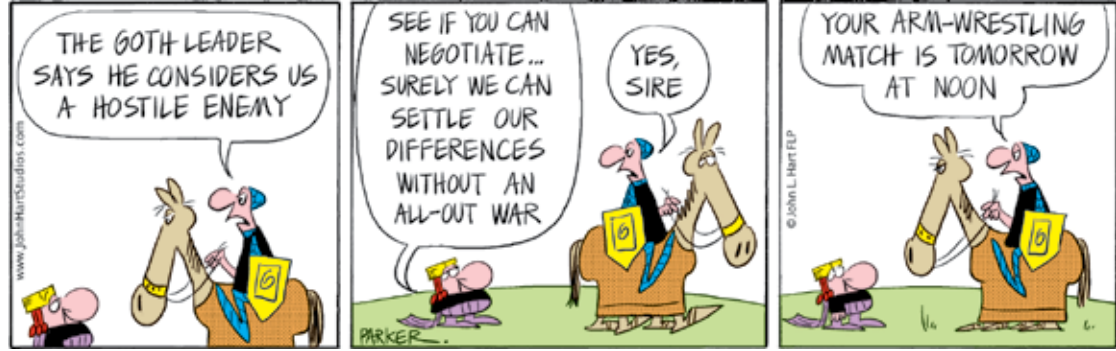
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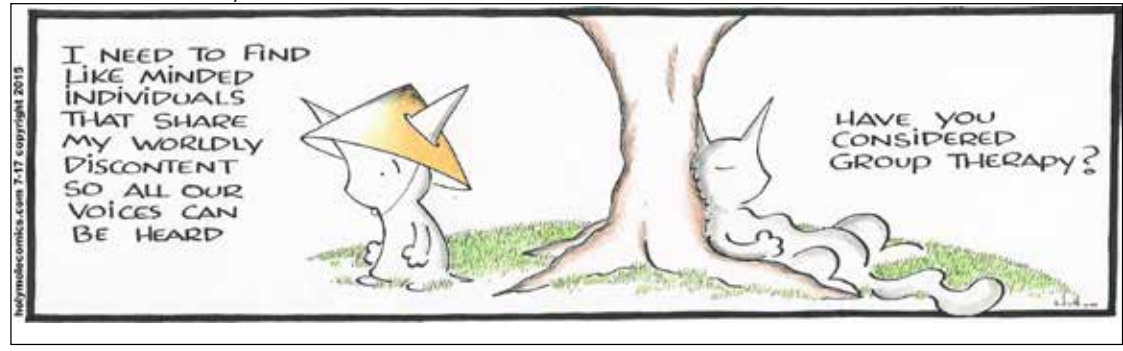


 <b>Michael Savage</b>	 <b>Dave Ramsey</b>	 <b>Mary Jane Popp</b>
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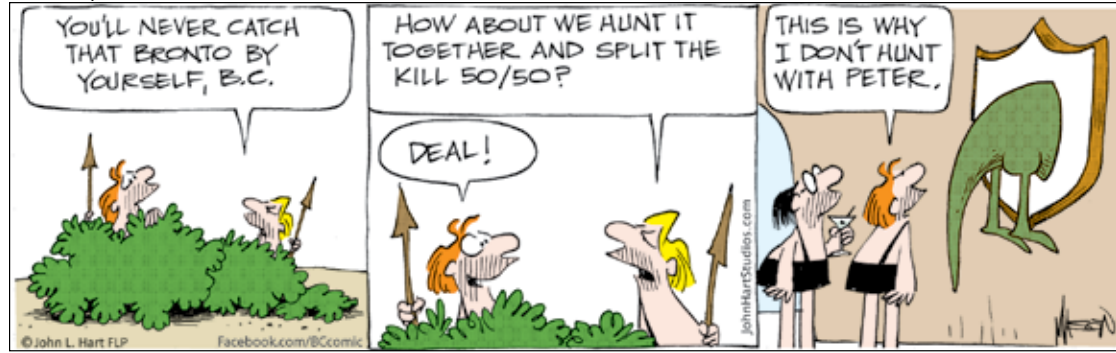
**Wizard of Id** by Parker, Mastroianni & Hart



**Hole Mole** by Rick Hotten



**BC** by Mastroianni & Hart



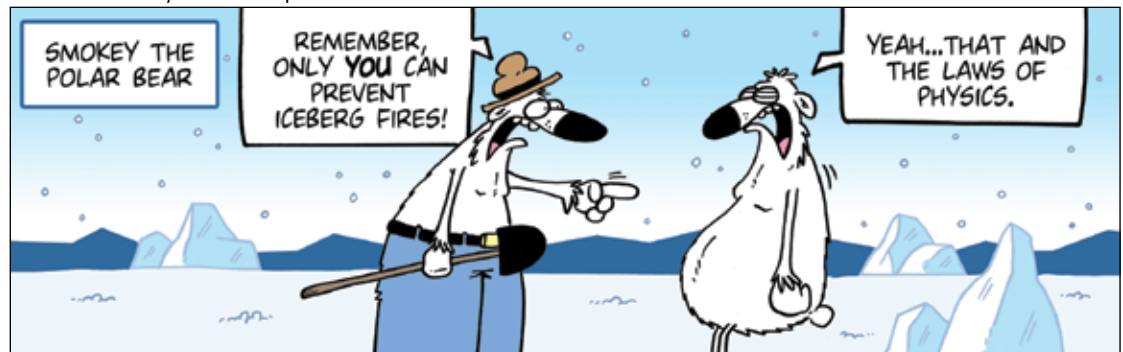
**Cranky Girl** by Crystal Jones



**Frank and Steinway** by Wil Panganiban



**Tundra** by Chad Carpenter



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# AGING AMERICANS NEED EYECARE MOST



Photos courtesy of Getty Images

# BUT DO THEY HAVE BENEFITS?

FAMILY FEATURES

**J**ulie Beall might be a cancer patient, but she's truly defined by any number of other titles. She's a wife and mother, a registered nurse, a real estate professional, an MBA graduate, a small business owner and a public speaker. She owns a glass art studio. She regularly volunteers at a medical clinic in Africa.

The 50-something is nowhere near retired, although she is nearing retirement age. And she has a message for people of her generation and older.

Get annual eye exams. Your life might depend on it. John Lahr, OD, EyeMed Medical Director and a fellow baby boomer concurs.

"The single most important thing anyone 50 years or older can do for their vision and eye health is to book an annual eye exam," he said. "Once you pass the 50-year mark, your risk for several serious eye diseases increases and the odds of you requiring vision correction also climbs. What's more, your optometrist may see signs of a serious physical health condition you never associated with an eye exam."

Nobody knows better than Beall. Two years ago she went for a routine eye exam near her home outside Dayton, Ohio, not knowing that her life was about to change forever.

"I didn't really suspect anything was wrong," Beall said. "Maybe I was getting a little older. I thought I might need reading glasses; maybe my eyes were getting a little tired."

Beall's optometrist noticed an area off the side of the retina that looked unusual. After dilating her eyes, he noted what he thought was a detaching retina. Considering it an ocular emergency, her optometrist referred her to an ophthalmologist who specialized in retinal diseases. She saw that doctor later the same day and was told she had choroidal melanoma, a potentially fatal form of cancer. Doctors treated Julie with radioactive plaque therapy.

According to Dr. Lahr, Beall's story of uncovering a serious health concern at the optometrist is not unusual. In addition to preserving eyesight, annual exams can be a window to serious medical conditions like high blood pressure, diabetes, heart disease and high cholesterol.

"The average optometrist sees 2,500 to 3,000 patients annually. And it's not uncommon for there to be hundreds of times each year you have someone in the optometrist's chair who hasn't had a physical in a while. You take a look at the back of their eye and you see early signs of something potentially serious," said Dr. Lahr. "More often, eye doctors recognize symptoms of serious eye disease when it's early enough to correct the condition or manage long-term vision issues."

Ironically, for many aging Americans, an annual eye exam becomes harder to access at a time in life when they most need to see an eye doctor regularly. According to The Vision Council, less than half of Americans age 65 or older have vision benefits. Studies show that this aging population will double to 71.5 million by 2030. Regular adult eye health and vision care is not provided through original Medicare or the Affordable Care Act. Plus, an increasing number of Americans in their 50s and early 60s are without access to employer-sponsored health benefits due to self-employment or circumstances.

This gap sparked an idea from EyeMed, and it began working on an insurance product for AARP members.

"There is a certain segment of the target population that might just say, 'Why should I get an eye exam every year if I don't have a vision benefit to help with the costs?'" said Dr. Lahr. "I even talk to people who have the means to cover vision care costs out-of-pocket and are interested in an individual vision benefit."

AARP MyVision Care from EyeMed, the first vision plan with features to meet the specific vision needs of senior consumers, launched in February in California, Illinois, Ohio and New Jersey. For more information go to <https://aarpmvvisioncare.net/>.

Today, Julie Beall has added a new role to her ever-expanding list of titles: eye exam advocate.

"If I could just get everybody in the country to get an eye exam," she said recently. "Do it."

"It may save your life."

### Isn't vision loss just part of getting older?

Worsening vision is an inevitable part of aging, but according to AllAboutVision.com, lifestyle and vision care impact the rate and degree of deterioration.

- If your diet includes zinc, lutein and zeaxanthin, vitamin C, vitamin E and Omega-3 fatty acids you may delay cataracts and control the progress of age-related macular degeneration.
- If you smoke, stop. The odds of developing cataracts and macular degeneration increase 400% if you're a smoker.
- Presbyopia, a natural part of the aging process, makes it difficult for you to focus on close objects. Optometrists can prescribe contact lenses, reading glasses, bifocals or even progressive lenses (no-line multifocals). Lens technology allows you to wear multifocal glasses without the traditional look of multifocals.
- Advancements in lens technology can correct and enhance your vision in ways unimaginable a decade ago. Cataracts can be removed efficiently with accurate focus outcomes. Glaucoma, in its early stages, can be treated with eyedrops and lasers. Lasik treatment continues to evolve.

### Ask the doctor

EyeMed Medical Director John Lahr, OD, answers some questions about eye exams for aging patients:

**Q:** When optometrists look into the eye, what are they looking for?

**A:** We see important eye structures and signs of glaucoma or cataracts or other diseases. But what's most important is the ability to see blood vessels. The blood vessels tell us important early-identification signs for diabetes, hypertension and high cholesterol — three of the most costly diseases we face today.

**Q:** Aren't those things that should be picked up by primary care physicians?

**A:** Unfortunately, some people don't engage in general healthcare. They might only go to a doctor for specific issues. So they kind of get lost in the system. Is their medication up to date? Are they doing what they're supposed to do to be healthier? Are they monitored? Because many of these people come in annually to get their eyeglass or contact lens prescription updated, we have opportunities to diagnose them when they might not be otherwise.

**Q:** What advances in technology have changed vision care for older patients?

**A:** Just look at cataracts. Cataract surgery has gotten very sophisticated. And the outcomes have been fantastic. You're taking out a cloudy lens and putting in an artificial lens. And with that lens, you can literally pick your prescription. It's amazing what can be done with that procedure.

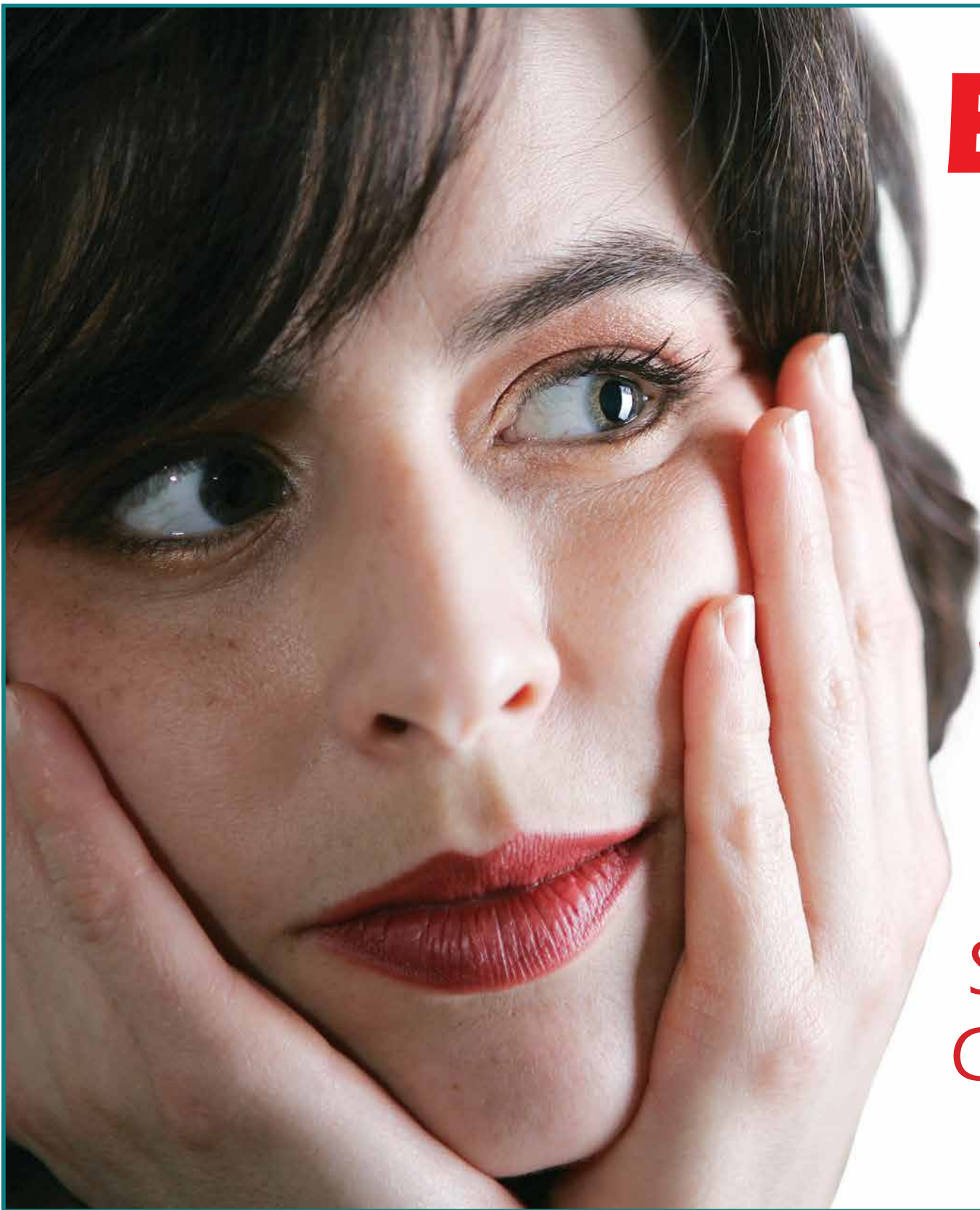


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